



# AAU Area 4



## *Junior Olympic National Qualifier* Hosted by Mountain Express Track Club

June 23-26, 2011

South Hagerstown High School

1101 South Potomac Street Hagerstown, Maryland 21740

Athletes are not limited to the national qualifier in their area. This is the only National Qualifier in the state of Maryland, Northern Va., Eastern West Virginia, or Western Pennsylvania.

In order to attend this meet you will need...



A current AAU membership, [www.ausports.org](http://www.ausports.org).



Attend a District meet, [www.AAUathletics.org/look](http://www.AAUathletics.org/look), and earn a mark/ time.



Register for the AAU Area 4 Junior Olympic National Qualifier on [www.coacho.com](http://www.coacho.com).

### Please contact

Meet Director: Mrs. Jan Price  
Email: [MizOfficial@yahoo.com](mailto:MizOfficial@yahoo.com)  
Phone: 301-293-4219.

Meet Coordinator:  
Dr. William D. Price  
Email: [drbillprice@yahoo.com](mailto:drbillprice@yahoo.com)  
Phone: 301-293-4219

Host Team: Mountain Express Track and Field  
Email: [mountainexpresstrack@gmail.com](mailto:mountainexpresstrack@gmail.com)

<http://mountainexpesstrack.com>

AAU Area 4 Junior Olympic National Qualifier June 23-26, 2011  
South Hagerstown High School  
1101 South Potomac Street Hagerstown, Maryland 21740

**Must bring proof of a 2011 AAU membership [www.aausports.org](http://www.aausports.org)**

- Online Registration:** [www.coacho.com](http://www.coacho.com)  
**Registration Deadline Sunday, June 19, 2011 11:59 pm**  
**Payment due by credit card to [www.coacho.com](http://www.coacho.com) on-line.**  
**Entry Fee:** \$20.00 per athlete \$20.00 For Multi-events.
- Admission:** 1 Day Adult Pass: \$4.00 1 Day Child Pass (12-Under): \$3.00  
2 Day Adult Pass: \$7.00 2 Day Child Pass (12-Under): \$5.00  
**\*A Maximum of 2 Coaches per team receives Free Admission\***
- Coaches Meeting 8:00 pm Thursday June 23, 2011- 8:00pm at the Host Hotel.**
- Packet Pick-up on site:** Wednesday June 22, 2011 – 5:00pm- 7:00 pm  
Thursday June 23, 2011 – 7:00am –conclusion of meet  
Friday June 24, 2011 - 7:00am –conclusion of meet  
Saturday June 25, 2011 - 7:00am –conclusion of meet  
Sunday June 26, 2011 - 7:00am –conclusion of meet
- Proof of age:** **Must bring proof of age, acceptable forms are:**  
**Original birth certificate notarized original birth certificate from the appropriate issuing authority; US Military Government ID Card; valid passport (not expired) and/or valid US driver's license.**
- |  |            |                 |                 |
|--|------------|-----------------|-----------------|
| <b>AAU Age Divisions:</b><br><b>Note the maximum number of events includes Relays.</b><br><b>Athletes may not compete in a younger age division.</b> | Primary    | 2003& After     | Max of 3 events |
|  | Sub Bantam | 2002            | Max of 3 events |
|  | Bantam     | 2001            | Max of 3 events |
|  | Sub Midget | 2000            | Max of 3 events |
|  | Midget     | 1999            | Max of 3 events |
|  | Sub Youth  | 1998            | Max of 4 events |
|  | Youth      | 1997            | Max of 4 events |
| Intermediate   | 1995-1996  | Max of 4 events |                 |
| Young  | 1993-1994  | Max of 4 events |                 |
- Results:** Results will be posted at <http://mountainexpresstrack.com>
- Contact Information:** Mrs. Alma Jan Price 301-293-4219 [MizOfficial@yahoo.com](mailto:MizOfficial@yahoo.com)  
Dr. William D. Price 301-293-4219 [drbillprice@yahoo.com](mailto:drbillprice@yahoo.com)  
Mountain Express TC [mountainexpresstrack@gmail.com](mailto:mountainexpresstrack@gmail.com)

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**Hotel Information:**

**Host Hotel**

*Sleep Inn*

128216 Colonel Henry K. Douglas Drive

Hagerstown, MD 21740

Phone: 301 766 9449

**To get special offer of \$79.99, ask for code rate: AAU**

**Track & Field**

**Coaches Meeting 8:00 pm Thursday June 23, 2011- 8:00pm**

*Courtyard by Marriott*

1718 Underpass Way

Hagerstown, MD 21740

Phone: 301 582 0011

**To get special offer of \$109, call directly and ask for code rate: AAU**

*Ramada Plaza Hotel*

17612 Valley Mall Road

Hagerstown, MD 21740

Phone: 301 797 2500

**To get special offer of \$99, call directly and ask for code rate: AAU**

*Best Western Grand Venice Hotel*

431 Dual Hwy

Hagerstown, MD 21740

Phone: 800-2-VENICE or 301 733 0830

**To get special offer of \$72.99, call directly and ask for code rate: TRACK2011**

*Hampton Inn Dual Highway*

1716 Dual Highway

Hagerstown, MD 21740

Phone: 301 739 6100

**To get special offer of \$99, ask for code rate: AAU Track & Field**

*Sleep Inn & Suites*

18216 Col. Henry K. Douglas Drive

Hagerstown, MD 21740

**To get special offer of \$71.99, call directly and ask for code rate: TRACK COMP POLICY**

## AAU Age Divisions &amp; Events

AAU Age Divisions & Events				
Primary Division 2003 & after Maximum of 3 Events				
100m	200m	400m	800m	
Long Jump	Shot Put (4lbs)	Turbo Jav*	4x100m	
Sub-Bantam 2002 & Bantam 2001 Maximum of 3 Events				
100m	200m	400m	800m	1500m
1500m RW	Long Jump	High Jump	Shot Put	Turbo Jav*
4x100m Bantam		4x400m Bantam		Triathlon
Sub-Midget 2000 & Midget 1999 Maximum of 3 Events				
100m	200m	400m	800m	1500m
1500m RW	3000m	80m Hurdles	Long Jump	Discus
Shot Put	High Jump	Turbo Jav*		Pentathlon
4x400m Midget		4x800m Midget		4x100m Midget
Sub-Youth 1998 & Youth 1997 Maximum of 4 Events				
100m	200m	400m	800m	1500m
3000m	3000m RW	100m Hurdles (Girls 30")		Triple Jump
200m Hurdles	Long Jump	100m Hurdles (Boys 33")		Pole Vault
Shot Put	Discus	Javelin	High Jump	Pentathlon
4x100m Youth	4x400m Youth		4x800m Youth	
Intermediate Division 1995-1996 Maximum of 4 Events				
100m	200m	400m	800m	1500m
3000m	2000m Steeplechase	3000m RW		
100m Hurdles (Girls 33")		110 Hurdles (Boys 39")		Javelin
400m Hurdles (Girls 30")		400m Hurdles (Boys 36")		Long Jump
Triple Jump	High Jump	Pole Vault	Shot Put	Discus
4x100m	4x400m	4x800m	Decathlon	Heptathlon
Young Men/Women 1993-1994 Maximum of 4 Events				
100m	200m	400m	800m	1500m
3000m	2000m Steeplechase	3000m RW		
100m Hurdles (Girls 33")		110 Hurdles (Boys 39")		Javelin
400m Hurdles (Girls 30")		400m Hurdles (Boys 36")		Long Jump
Triple Jump	High Jump	Pole Vault	Shot Put	Discus
4x100m	4x400m	4x800m	Decathlon	Heptathlon

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**All events will be contested on a Rolling Schedule.**

**Directions to South Hagerstown High School**

**Traveling from the North of Hagerstown:**

Take I-81 South  
To I-70 East  
Take Exit 29-B from I-70.  
After exiting, I-70 follow MD State Route 65 north for 1 mile.  
South Hagerstown High School is on the left.

**Traveling from the South of Hagerstown:**

Take I-81 North  
To I-70 East  
Take Exit 29-B from I-70.  
After exiting, I-70 follow MD State Route 65 north for 1 mile.  
South Hagerstown High School is on the left.

**Traveling from East of Hagerstown:**

Take exit 29 from I-70.  
After exiting, I-70 follow MD State Route 65 north for 1 mile.  
South Hagerstown High School is on the left.

**Traveling from West of Hagerstown:**

Take exit 29-B from I-70.  
After exiting, I-70 follow MD State Route 65 north for 1 mile.  
South Hagerstown High School is on the left.

**Directions to Hagerstown Community College**

**Traveling from the North of Hagerstown:**

Follow Interstate 81 South.  
Take Exit 6A to Route 40 East and proceed through the downtown area of Hagerstown passing through the city square and onto Dual Highway.  
Turn left onto Mount Aetna Road next to Pizza Hut.  
Turn left at the second traffic light onto Robinwood Drive.  
Turn left at the second traffic light onto the campus.

**Traveling from the South of Hagerstown:**

Follow Interstate 81 North.  
Take Exit 4 to Interstate 70 East.  
Take Exit 32B to Hagerstown turning right at the first traffic light onto Edgewood Drive.  
Proceed until you come to the third traffic light and turn left onto the campus.

**Traveling From the East of Hagerstown:**

Follow Interstate 70 West.  
Take Exit 32B to Hagerstown turning right at the first traffic light onto Edgewood Drive.  
Proceed until you come to the third traffic light and turn left onto the campus.

**Traveling From the West of Hagerstown:**

Follow Interstate 70 East.  
Take Exit 32B to Hagerstown turning right at the first traffic light onto Edgewood Drive.  
Proceed until you come to the third traffic light and turn left onto the campus.

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**Proposed Meet Schedule**

**Thursday, June 23, 2011**

**Multi-Events**

**9:00 am**

Decathlon (Day 1).....IB, YM (100m, Long Jump, Shot Put, High Jump, 400m)

**9:20 am**

Heptathlon (Day 1).....IG, YW (100m Hurdles, Shot Put, High Jump, 200m)

**2:00 pm**

Triathlon .....SBB, BB (Shot Put, High Jump, 400m)

**3:00 pm**

Triathlon .....SBG, BG (Shot Put, High Jump, 200m)

**Thursday, June 23, 2011**

**Running Events**

**9:30 am**

2000m Steeplechase (Finals).....IG, YW, IB, YM

**Thursday, June 23, 2011**

**Race Walk**

**10:00 am**

1500 m (Finals).....SBG, BG, SMG, MG, SBB, BB, SMB, MB

3000m (Finals).....SYG, YG, IG, YW, SYB, YB, IB, YM

**Thursday, June 23, 2011**

**Field Events**

**9:00 am**

Turbo-Jav – PG, PB, SMB, MB, SMG, MG, SBB, BB, SBG, BG (300g)

**Friday, June 24, 2011**

**Multi-Events**

**8:00 am**

Decathlon (Day 2) .....IB, YM (110m Hurdles, Discus, Pole Vault, Javelin<sup>+</sup>, 1500m)

**8:00 am**

Heptathlon (Day 2) .....IG, YW (Long Jump, Javelin<sup>+</sup>, 800m)

**8:15 am**

Pentathlon.....SMG, MG (80m Hurdles, Shot Put, High Jump, Long Jump, 800m)

**8:30 am**

Pentathlon ..... SMB, MB (80m Hurdles, Shot Put, High Jump, Long Jump, 1500m)

**8:45 am**

Pentathlon ..... SYG, YG (100m Hurdles, Shot Put, High Jump, Long Jump, 800m)

**9:00 am**

Pentathlon.....SYB , YB (100m Hurdles, Shot Put, High Jump, Long Jump, 1500m)

**Friday, June 24, 2011**

**Running Events**

**9:15 am**

3000 Meter (Finals)... SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM

\*Notice: Javelin will be contested at Hagerstown Community College, 11400 Robinwood Dr., Hagerstown, MD.  
See directions in meet information.

Results will be posted at <http://mountainexpresstrack.com>

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### **Proposed Meet Schedule**

#### **Saturday, June 25, 2011**

##### **Running Events**

###### **8:00 am**

4x800 Relay (Finals) .....MG, MB, YG, YB, IG, IB, YW, YM  
80 Meter Hurdles (Finals) .....SMG, MG, SMB, MB  
100 Meter Hurdles (Finals) .....SYG, YG, IG\*, YW\*, SYB, YB  
110 Meter Hurdles (Finals) .....IB\*, YM\*  
100 Meter (Semi-Finals; Top 8 to Finals).....All Age Divisions, Youngest First\*  
400 Meter (Finals).....All Age Divisions, Youngest First\*  
200 Meter (Semi-Finals; Top 8 to Finals).....All Age Divisions, Youngest First\*

**\*IG, IB & YW, YM MUST USE STARTING BLOCKS\***

#### **Saturday, June 25, 2011**

##### **Field Events**

###### **8:00 am**

High Jump Pit 1 ..... YW, IG, YG, SYG  
High Jump Pit 2 ..... YM, IB, YB, SYB  
Shot Put Ring 1.....SYG, YG, IG, YW  
Shot Put Ring 2 .....SYB, YB, IB, YM  
Discus .....IG, IB, YW, YM, YG, YB  
Long Jump Pit 1 ..... SYB, YB, IB, YM, SMB, MB  
Long Jump Pit 2 ..... SYG, YG, IG, YW, SMG, MG  
Pole Vault (Finals) ..... YB, SYB, YM, IB

#### **Sunday, June 26, 2011**

##### **Running Events**

###### **8:00am**

1500 Meter (Finals).....SBG, SBB, BG, BB, SMG, SMB, MG, MB, SYG, YG,  
IG, YW, SYB, YB, IB, YM  
200 Meter Hurdles (Finals) .....SYG, SYB, YG, YB  
400 Meter Hurdles (Finals) .....IG, YW, IB, YM\*  
100 Meter (Finals) .....All Age Divisions, Youngest First\*  
800 Meter Run (Finals).....All Age Divisions, Youngest First  
4X100 Relay (Finals).....PG, PB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM  
200 Meter (Finals) ..... All Age Divisions, Youngest First\*  
4x400 Relay (Finals)..... BG, BB, MG, MB, YG, YB, IG, IB, YW, YM

#### **Sunday, June 26, 2011**

##### **Field Events**

###### **8:00 am**

Javelin<sup>+</sup> ..... YG, IG, YW, YB, IB, YM, SYG, SYB  
Pole Vault (Finals) .....IG, YW, SYG, YG  
High Jump Pit 1 .....SBB, BB, SMB, MB  
High Jump Pit 2 .....SBG, BG, SMG, MG  
Shot Put Ring 1.....SMG, MG, SBG, BG, PG  
Shot Put Ring 2 .....SMB, MB, SBB, BB, PB  
Discus ..... SYG, SYB, SMG, SMB, MG, MB  
Long Jump Pit 1 .....PB, BB, SBB  
Long Jump Pit 2 .....PG, BG, SBG  
Triple Jump Pit 1 .....YM, IB, YB, SYB – Follows boys long jump.  
Triple Jump Pit 2 .....YW, IG, YG, SYG – Follows girls long jump

<sup>+</sup>Notice: Javelin will be contested at Hagerstown Community College, 11400 Robinwood Dr., Hagerstown, MD.  
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